



Dr. K's Guide to Mental Health

Practice | Ajna Chakra | Notes

Ajna chakra is actually situated at the back of the brain, but the channel to Ajna Chakra is the eyebrow center. The Ajna Chakra governs intuition and understanding. I firmly believe that Ajna Chakra practice has helped me be more understanding and discerning as a therapist.

I suspect that these different chakra practices act on our brain in slightly different ways. There is evidence that different practices create different EEG (brain wave) patterns and direct blood flow to different parts of our brain. At the very least, we can be confident that doing some kind of meditative practice will be helpful, and if we're lucky, the spiritual perspective will be useful as well.

Practice Instructions:

- Close your eyes
- Place your middle finger above your eyebrow center (the space between your eyebrows)
 - Hover your finger over that spot about 1cm above your skin
 - Hold your finger there for 30 seconds
 - Notice the sensation at your eyebrow center and focus on it
 - Then put your hand down but continue to hold your attention at that point
- Drive your concentration into that point and focus on the sensations that may arise
 - If the feeling fades, you can bring the hand up again
 - Try to move your consciousness towards the point

People can have strange sensations, warmth, I feel something like crumbling plaster. Doesn't really matter what you feel, just continue with the practice.